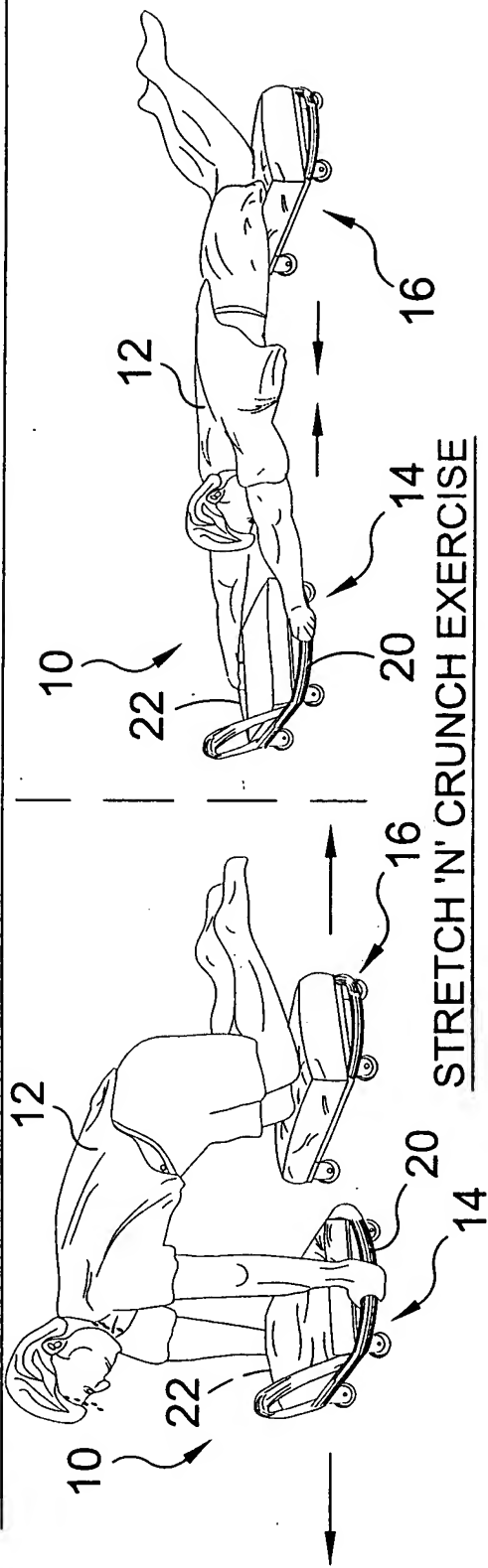
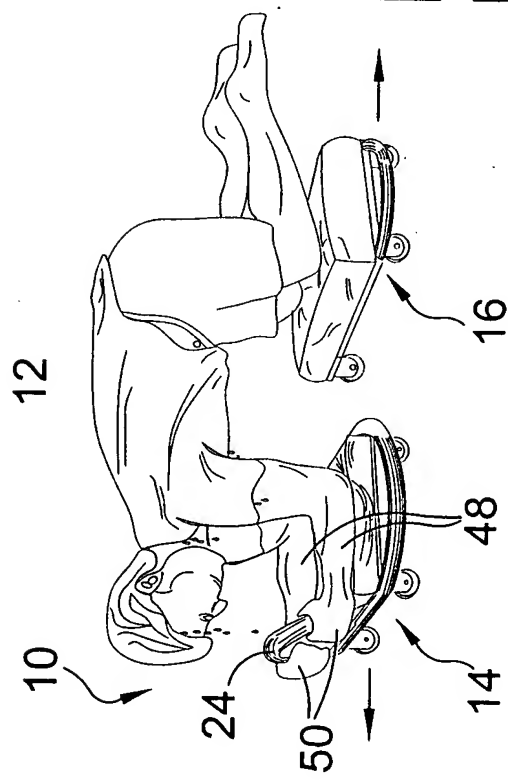


**FIG. 1A** STARTING POSITION **FIG. 1A** EXTENDED POSITION

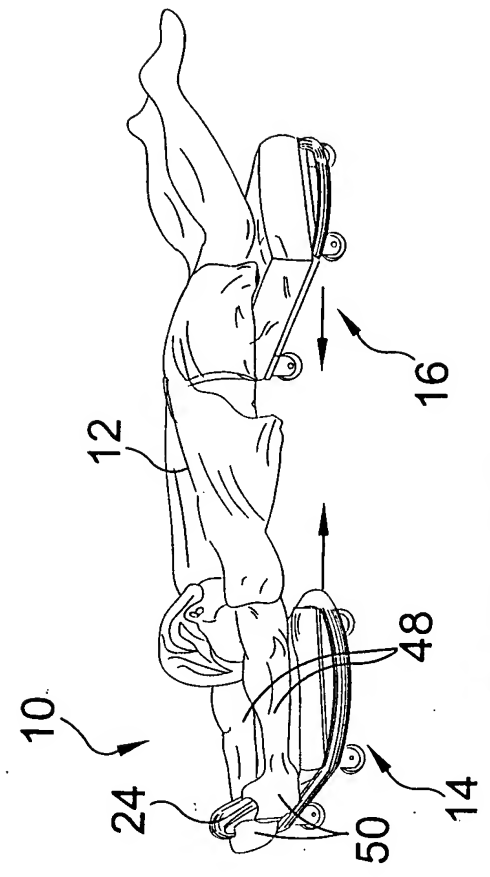


**FIG. 2A** STARTING POSITION **FIG. 2A** EXTENDED POSITION



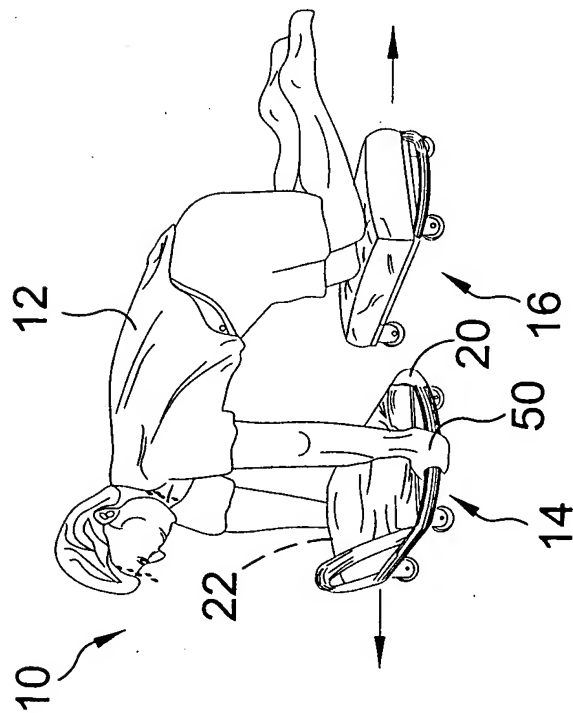
**FIG. 3A**

STARTING POSITION  
FOR THE MINI CRUNCH  
EXERCISE



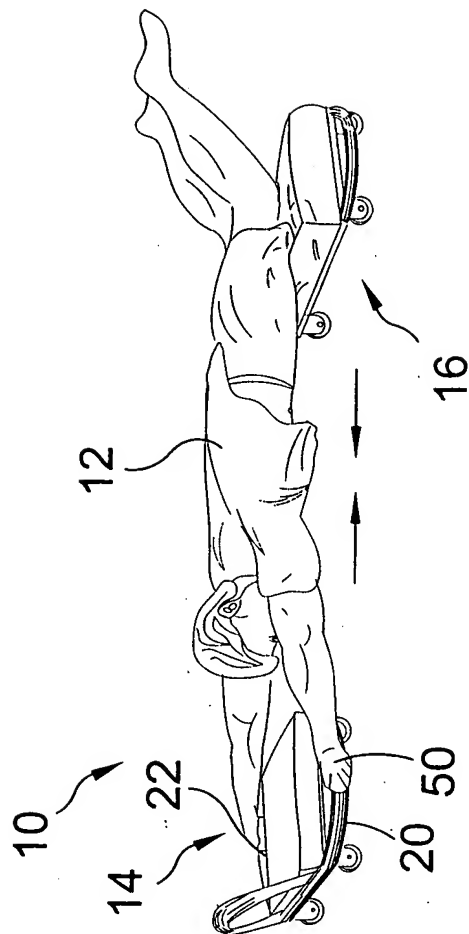
**FIG. 3B**

EXTENDED POSITION  
FOR THE MINI CRUNCH  
EXERCISE



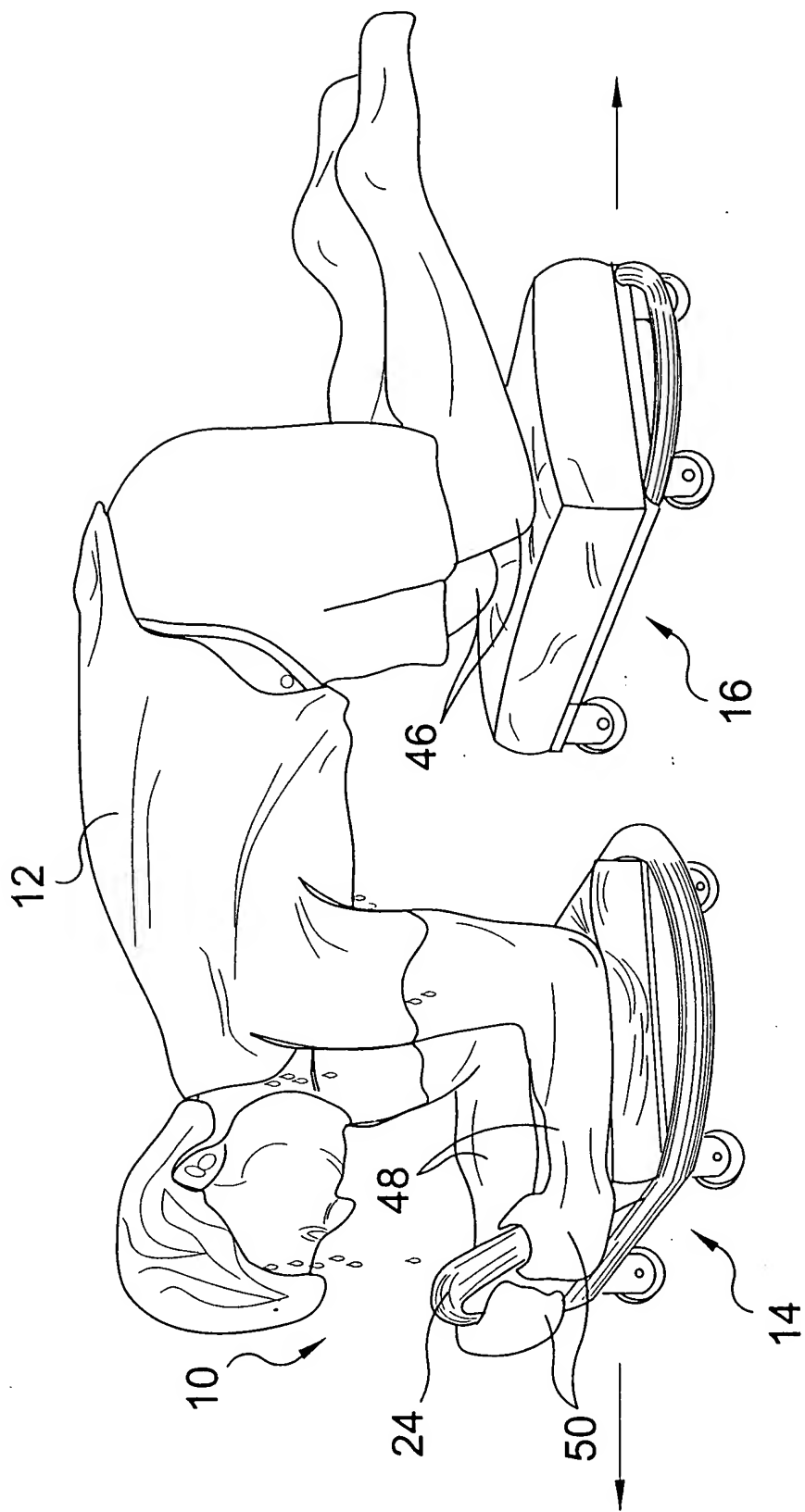
**FIG. 4**

STARTING POSITION  
FOR THE STRETCH N'  
CRUNCH EXERCISE.

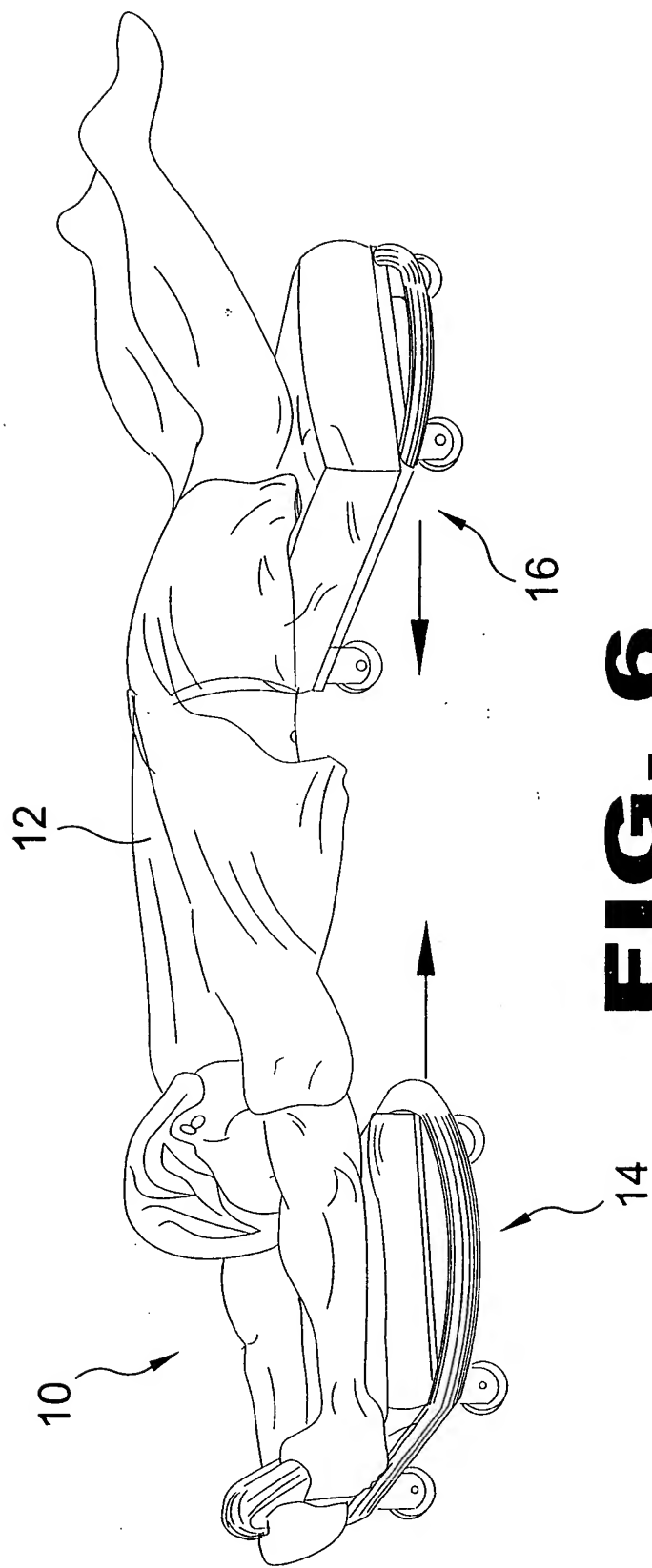


**FIG. 4A**

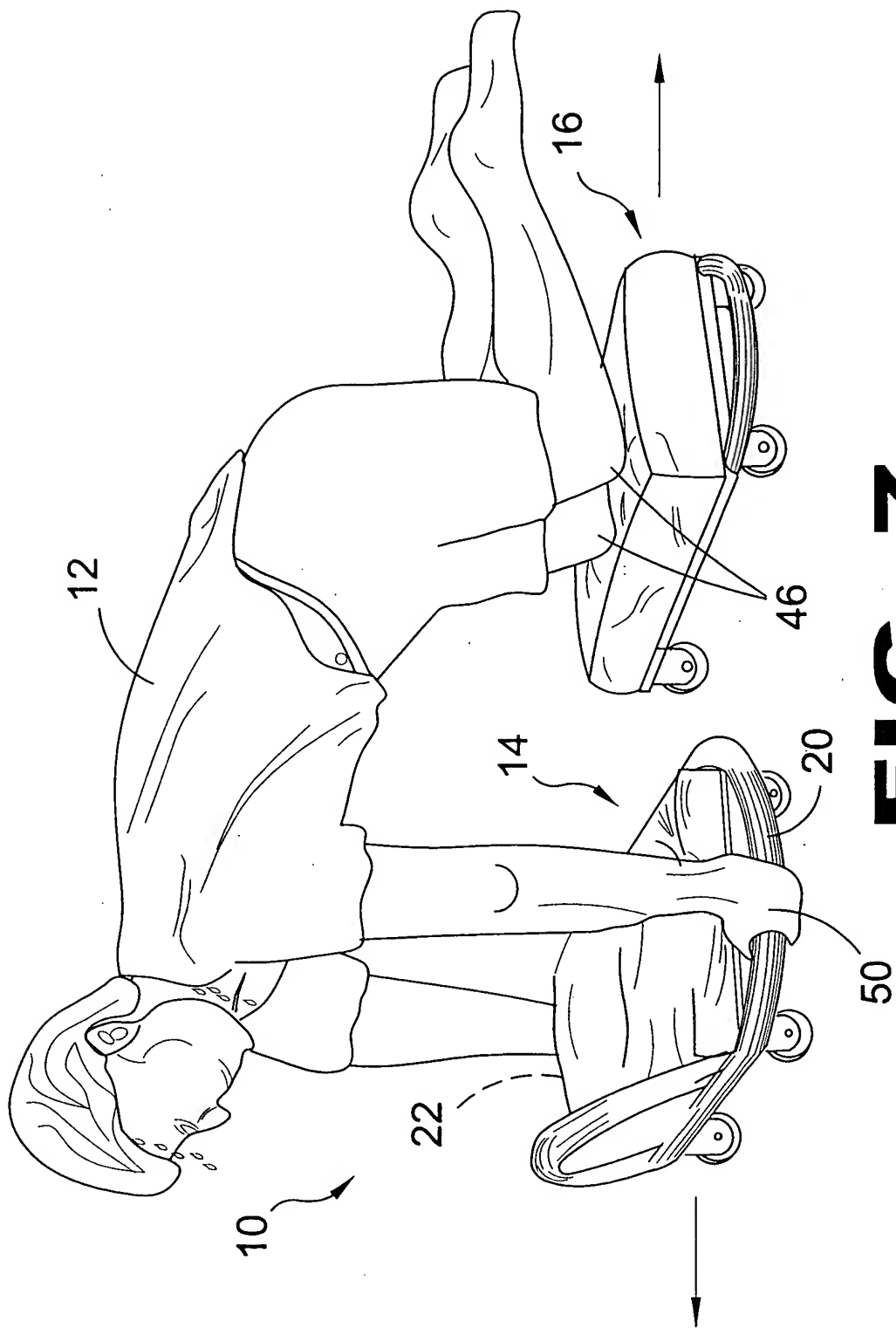
EXTENDED POSITION  
FOR THE STRETCH N'  
CRUNCH EXERCISE.



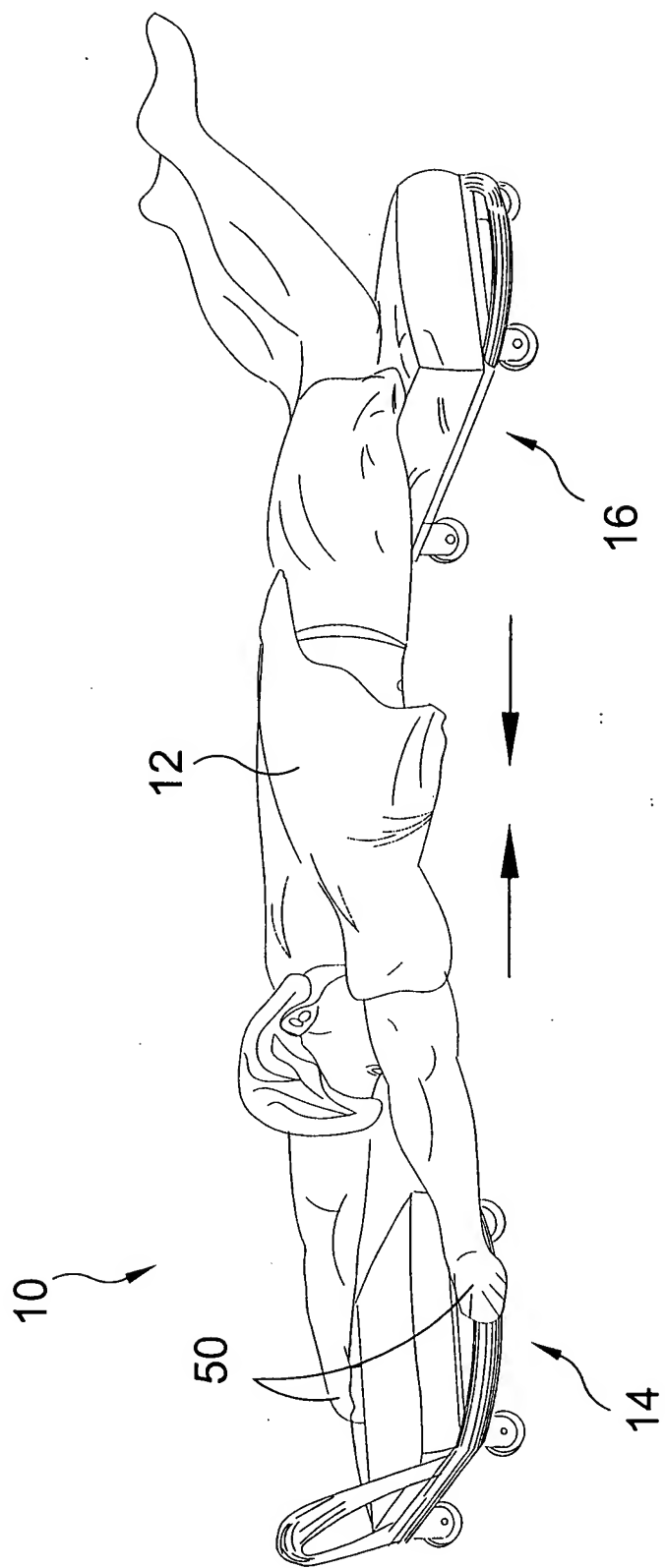
**FIG. 5**



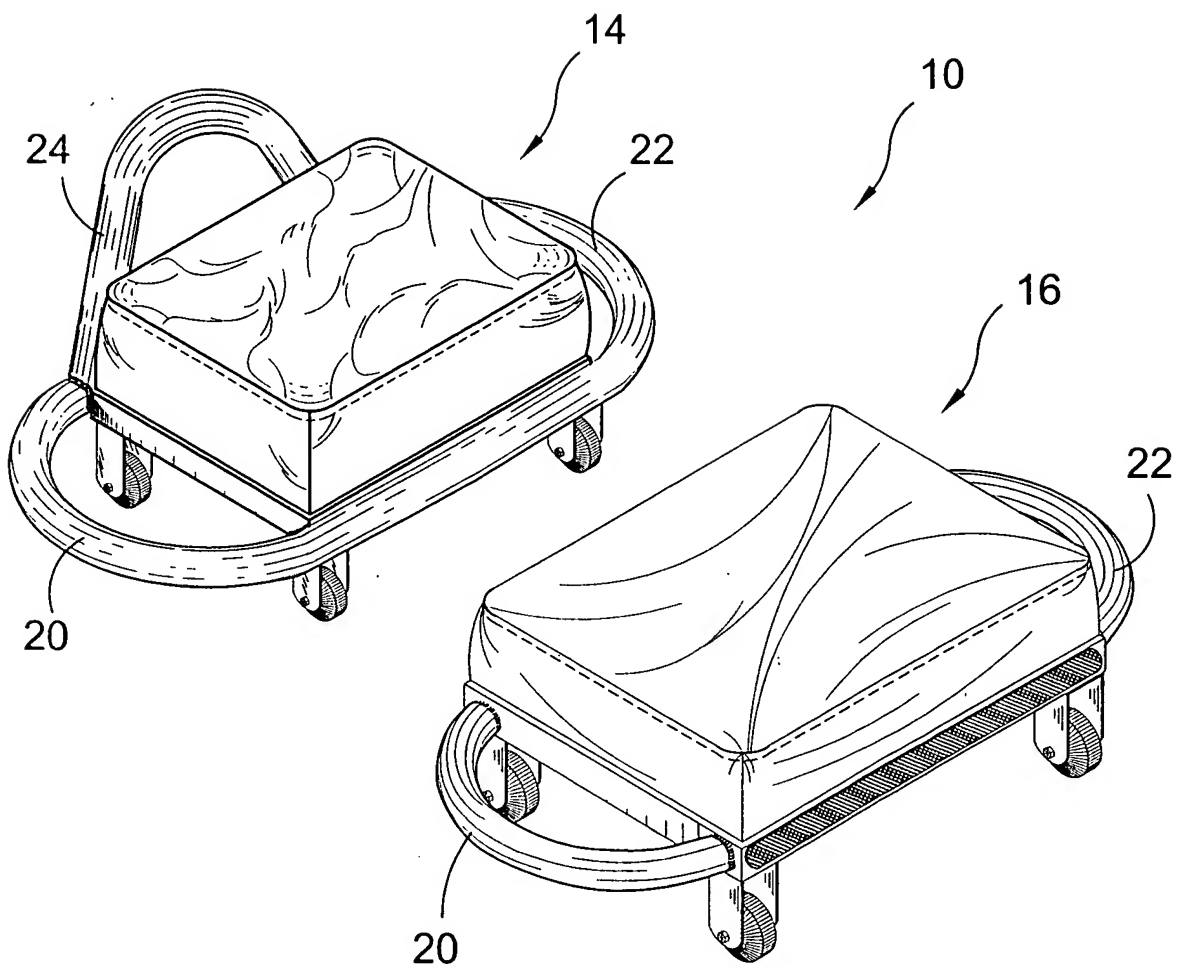
**FIG. 6**



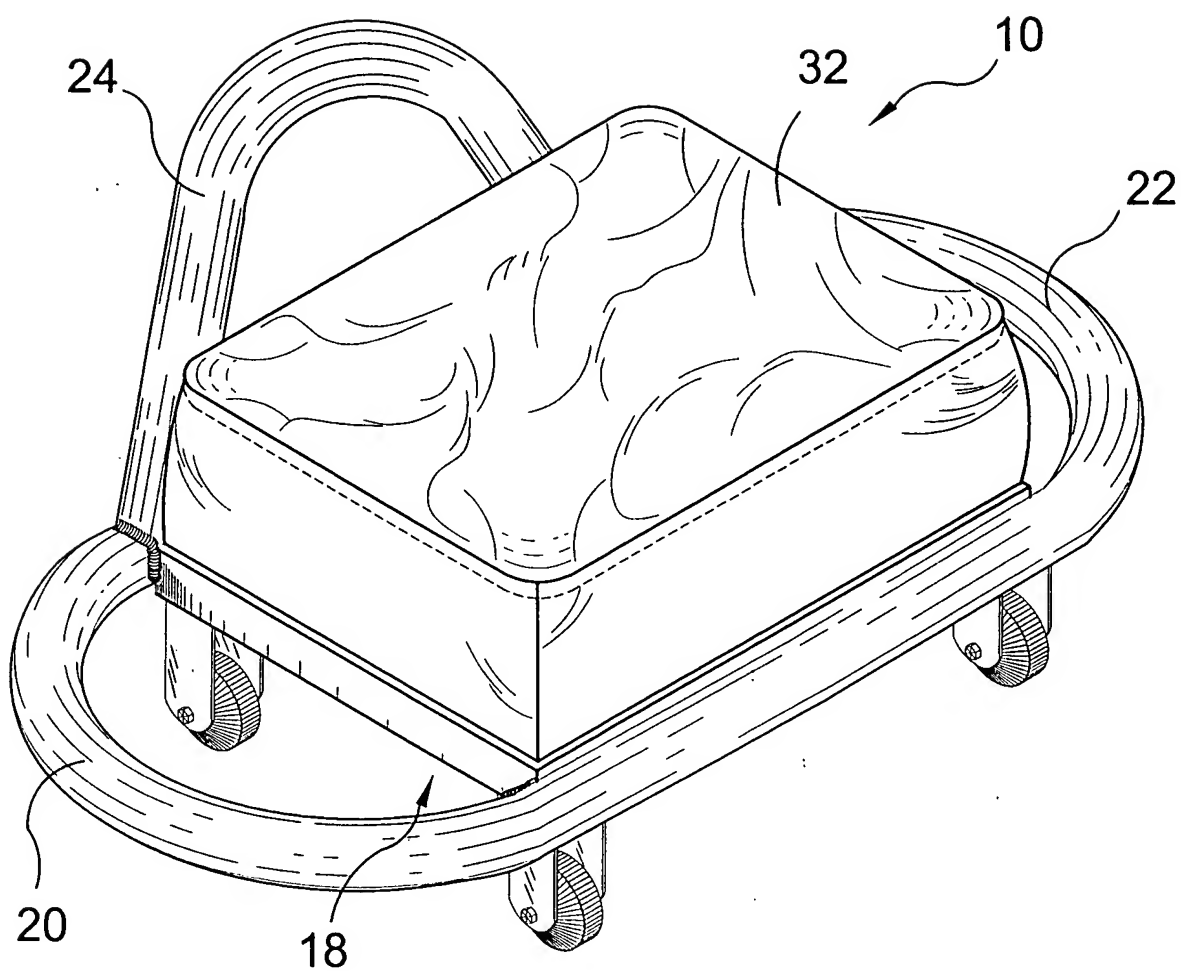
**FIG. 7**



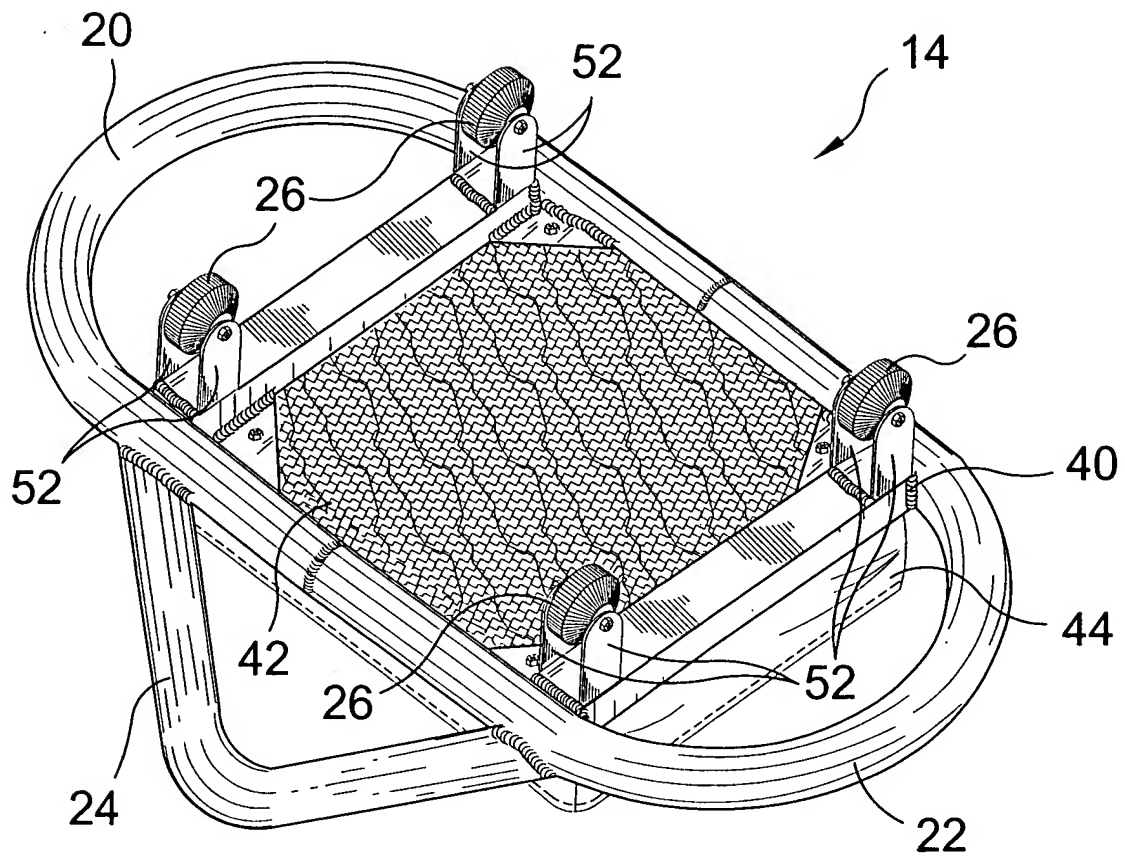
**FIG. 8**



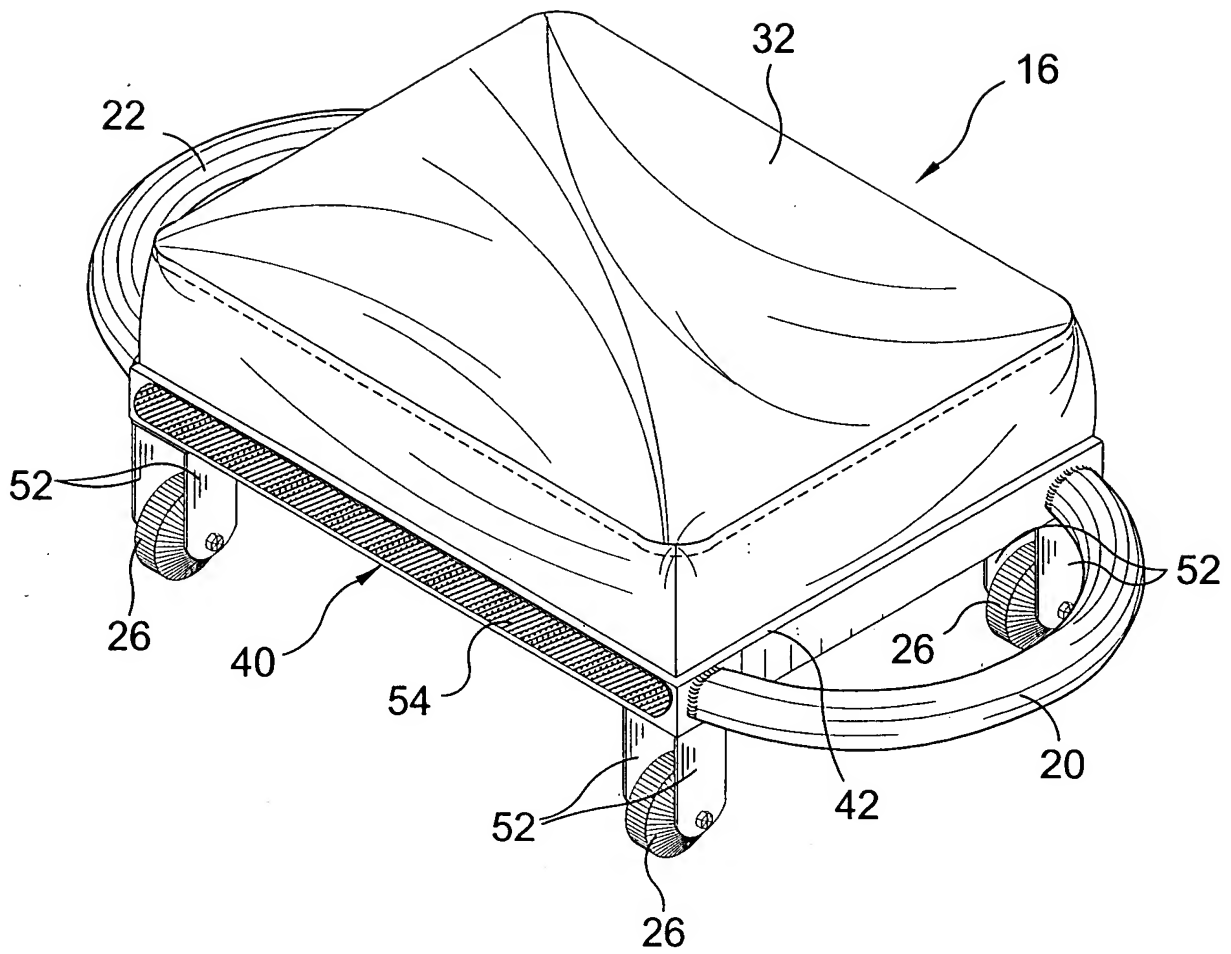
**FIG. 9**



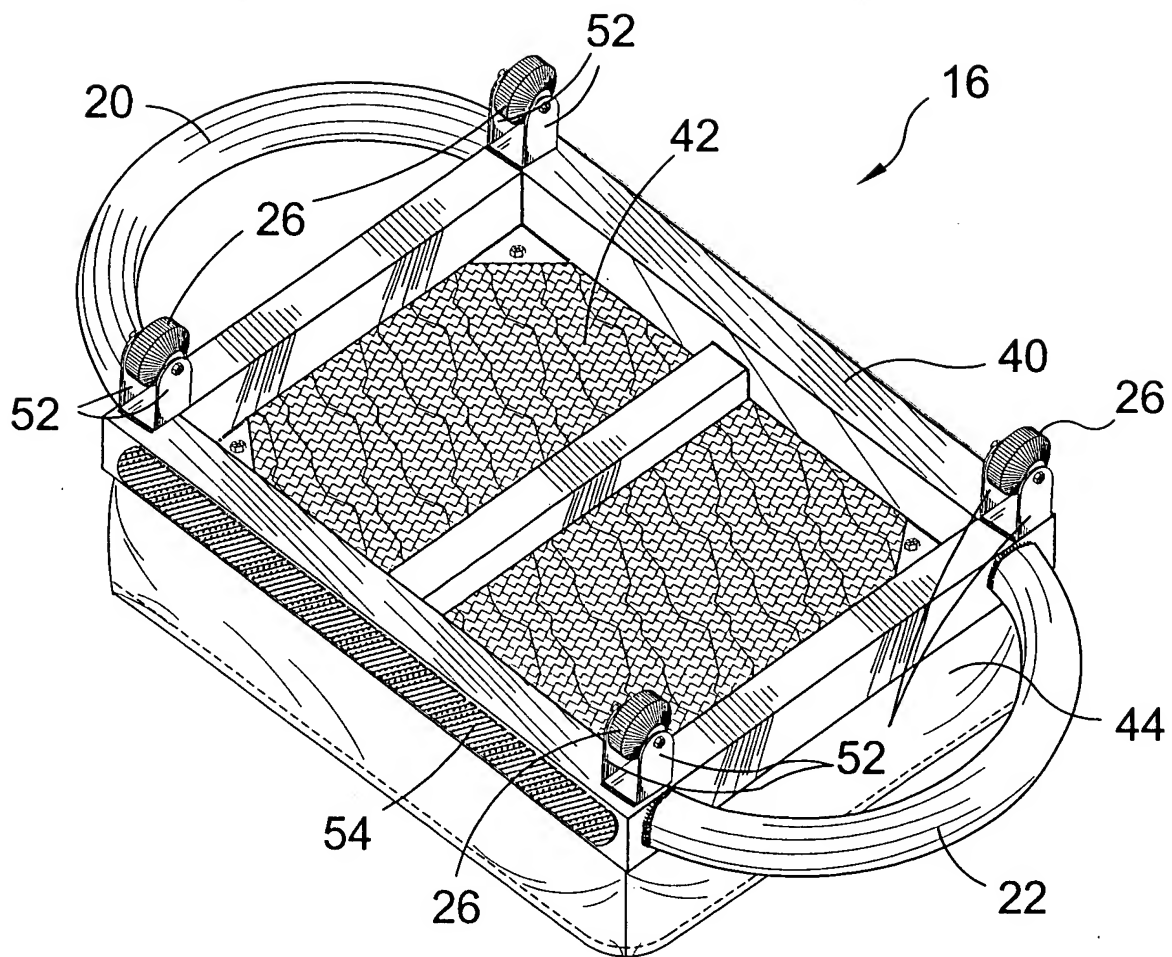
**FIG. 10**



**FIG. 11**



**FIG. 12**



**FIG. 13**